

Sasebo SOUNDINGS

Essex, Juneau return to Sasebo Naval Base

JO3 Rebekah Blowers
CFAS Public Affairs

Fleet Activities Sasebo's (CFAS's) United Service Organization (USO) and Morale, Welfare and Recreation (MWR) welcomed home the fleet June 15 with a concert, games, food and more.

Dishwalla, which has been touring the Pacific, performed at the Housing Welcome Center parking lot. MWR and USO information tents were also there along with sausage and hamburgers from Galaxies Club.

According to Dennis Lebling, MWR's fleet recreation coordinator, since USS Essex (LHD 2) and USS Juneau (LPD 10) were gone from their homeport longer than usual, the USO and MWR wanted to give them a special welcome home.

"We are very fortunate that this [the ships returning] coincides with the USO sponsored Dishwalla tour," Lebling said. He added that after numerous changes, they arranged for the band to be playing while the ships were pulling in. Booths featuring MWR's programs such as Liberty, for single and unaccompanied Sailors, Travel and Tours and the Sailing and Outdoor Adventure Center, were available to give the Sailors ideas of things to do this summer.

"We wanted to give them more healthy recreation alternatives than the more common pastime of just going to the bar," Lebling said. He added that the entire welcome home event was very challenging because this is the first time MWR had tried anything like this.



Dishwalla vocalist rocks Sasebo Naval Base as part of a Fleet Appreciation Celebration for Amphibious Assault Ship USS Essex (LHD 2) and USS Juneau (LPD 4). Dishwalla is an alternative rock band from Santa Barbara, Calif. (Official U.S. Navy photo by PH1(SW) Marvin Harris)



Two line handler stand by as USS Essex (LHD 2) pulls into India Basin.(Official U.S. Navy photo by PH1(SW) Marvin Harris)

D.J. Stanhope, director of the USO in Sasebo, said that she wanted the Sasebo community to know that they are just as important as some of the larger bases in the Pacific. "We really wanted to make sure that even the small commands were involved and appreciated as well. Bringing a well-known band here always helps," Stanhope said. She added that AT&T provided prizes, such as MP3 players and palm pilots, at the end of the show.

The USO also sponsored an autograph table where fans could get a free Dishwalla Compact Disc (CD) and picture signed by each member of the band. Onlookers enjoyed the show and many enjoyed a cold beverage while jamming out to the rock tunes.

"It was a really nice welcome and I am enjoying myself very much," said Sgt. David Mayberry, who was embarked on USS Essex.

Emilio Valdez, a midshipmen aboard USS Juneau, said that it was nice to see everybody there to support them. "It was very cool and I was surprised to see the band and everyone out here," Valdez said.

Sasebo was the last stop on the band's Pacific tour. Members of the band said they really enjoy what they are doing because they appreciate what the servicemembers and their families do on each of the bases they visit. "We are in a unique time [because of world events], so playing a rock show takes on a whole new meaning for us," said Rodney Browning, the lead guitarist for Dishwalla. Scot Alexander, bassist for the band, agreed saying that it has been an awesome experience for them.

The band has been together for about 10 years and took one USO sponsored tour through Europe and a few Japan bases last year.



Fans get their free Dishwalla CDs signed by the band. (Official U.S. Navy photo by PH1 (SW) Marvin Harris).

They returned to their hometown of Santa Barbara, Calif. the day after their performance in Sasebo. Once they return, they said that they will start working on their fifth studio album expected to come to stores in October.

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CFAS Security's K-9 Unit volunteers to teach English to Japanese students.
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Days since last DUI/DWI (as of June 17)

30

Sasebo Weather

Saturday	Sunday	Monday
Mostly Cloudy, PM Showers	Occasional Rainshowers	Windy, Scattered Showers
High: 83° F Low: 71° F	High: 82° F Low: 72° F	High: 82° F Low: 67° F

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CFAS SAFETY DEPARTMENT
FLEET AND FAMILY SUPPORT CENTER
DoDDS
NAVY EXCHANGE-SASEBO
USS ESSEX (LHD 2)
USS HARPERS FERRY (LSD 49)
USS FORT MCHENRY (LSD 43)
USS JUNEAU (LPD 10)
USS GUARDIAN (MCM 5)
USS PATRIOT (MCM 7)
USS SAFEGUARD (ARS 50)

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Deadline for regular submission is Tuesday at 5 p.m. For more information, call 252-3409 or 252-3485. Address all correspondence to:

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FPO AP 96322-1100

Religious Ministries serves Sasebo community

JO1(SW) Ron Inman
CFAS Public Affairs

CFAS Religious Ministries goes beyond the scope of their mission and maximizes opportunities for worship and outreach to the community. They do this through a 'cooperative network' of pastors, ministers and lay leaders along with a variety of programs, according to Cmdr. Harvey Ranard, CFAS command Chaplain.

Recently, those efforts resulted in visits by both the Catholic bishop for the Pacific region and a Jewish rabbi based out of Yongsan, South Korea, to attend to the religious needs of those faith groups.

Ranard explained that the bishop visited Sasebo over Easter to conduct confirmation classes for the Catholic congregation.

"Young Catholic parishioners are required to take classes prior to taking their first communion, which is a significant milestone in the Catholic faith," Ranard said. "The bishop's visit allowed them to do that."

Lt. Col. Brett C. Oxman, deputy command Chaplain, U.S. Forces Korea, also visited Sasebo from June 8 – 10 at the request of CFAS Religious Ministries. Rabbi Oxman

was in town to provide training and guidance to Jewish lay leader volunteers in Sasebo.

"As command religious leaders, we are responsible to ensure all faith groups are represented," Ranard continued. "There are a variety of faith groups in Sasebo led by lay leaders and authorized by the command religious program – Jewish, Church of Christ,

New Life, Episcopal and Buddhist. The Chaplains provide for our own faiths and utilize the lay leaders to provide for the other faiths. It's a community effort to provide the broadest spectrum of services available."

Ranard explained that lay leaders are individuals who

represent specific faith groups and are endorsed by their faith group and approved by CFAS to offer basic worship service and scripture study for their faith.

"Worship services are only a part of what we do," continued Ranard. "We also offer both individual and job-related counseling with complete confidentiality. A Sailor can talk to us and what he or she says stays with us."

This week, Religious Ministries will host 'Celebrate Life: It is a Gift from God' at the

Galaxies Club June 19. According to Ranard, the purpose of the event is to make contact with the Sailors on the waterfront, welcome them home, encourage them to get involved in a faith group and provide them with information on stress and suicide prevention.

"People who have a professed faith and are active in it handle stress better and have a far lower rate of suicide," Ranard stated. "They can draw on their faith to take care of themselves and other Sailors."

Religious Ministries also offers two programs for Sailors which help keep them connected to the Sasebo community – Adopt-A-Sailor and Adopt-A-Sailor Plus.

Adopt-A-Sailor offers single Sailors (from both CFAS and homeported ships) the opportunity to enjoy holidays in a home environment in the company of local families. Adopt-A-Sailor takes it one step further, with families entering into a 'contract' to support a Sailor during his or her tour in Sasebo on occasions other than just major holidays – for example, celebrating the Sailor's birthday. Ranard stated that CFAS is working with commanding officers and senior enlisted personnel aboard Sasebo-based ships and commands to get the word out and ensure widespread support for the program.

"The ships are our number one customers," concluded Ranard. "We provide a broad range of support, and are on call 24-7 to support the needs of the Sasebo community."

For more information on any Religious Ministries program, call 252-3380.



Personnel discusses contemporary Jewish moral issues during Olman's recent visit to CFAS. (Official U.S. Navy photo by JO1(SW) Ron Inman

Motorcycles - sharing the road safely

Charles Carr
CFAS Safety

The Motorcycle Safety Foundation promotes the importance of motorist awareness and sharing the road with motorcyclists. Motorist awareness is an important component of the National Highway Traffic Safety Administration's comprehensive motorcycle safety program.

Over two-thirds of fatal motorcycle crashes involve a motorcycle and another vehicle. The motorist either does not see the oncoming motorcycle at all or does not see the motorcycle in time to avoid a crash. It is important for motorists to know that their actions affect the safety of motorcyclists. A motorist and a motorcyclist may take different actions for the same driving or highway situation. For example, a motorist may ignore a piece of road debris; however, that same piece of road debris may be deadly for motorcyclist. Whether you're riding on two, four or eighteen wheels, you can help drive down the accident rate by being alert to your surroundings. This advice may be especially helpful in cutting down the number of motorcycle accidents that occur annually. Motorists, particularly those who have not driven motorcycles, are sometimes not looking for motorcycles in traffic. As a result, cars and motorcycles often have collisions on the road. Drivers involved in crashes with motorcyclists often say they never saw the bike. The Motorcycle Safety Foundation (MSF) encourages car drivers and others to watch for motorcycles on the

road and respect their right to be there. MSF also urges motorcyclists to 'Support Our Sport' by following all traffic laws and respecting the rights of other roadway users. The group offers these safety tips to motorcyclists:

Be a responsible rider

Wear appropriate protective gear. A DOT helmet, eye protection, highly visible clothing or jacket, full-fingered gloves, long pants and over-the-ankle boots. Also, know your skill level and ride within it. Use the SEE strategy-Search, Evaluate, Execute. SEE helps riders understand traffic situations and plan (and implement) a course of action to avoid trouble.

Practice street strategies

A motorcycle's lane position can communicate a rider's presence and intention, avoid windblast from other vehicles and help maintain a space cushion between the bike and other traffic. A rider can increase his or her visibility with bright colors or reflective gear and signaling all intentions to other drivers. MSF teaches motorcyclists to use their 'Rider Radar' to scan for hazards ahead.

Don't ride impaired

Alcohol and other drugs diminishes visual capabilities and alters good judgment. When someone is impaired, it is the responsibility of others to keep that person from getting behind the wheel-or the handlebars.

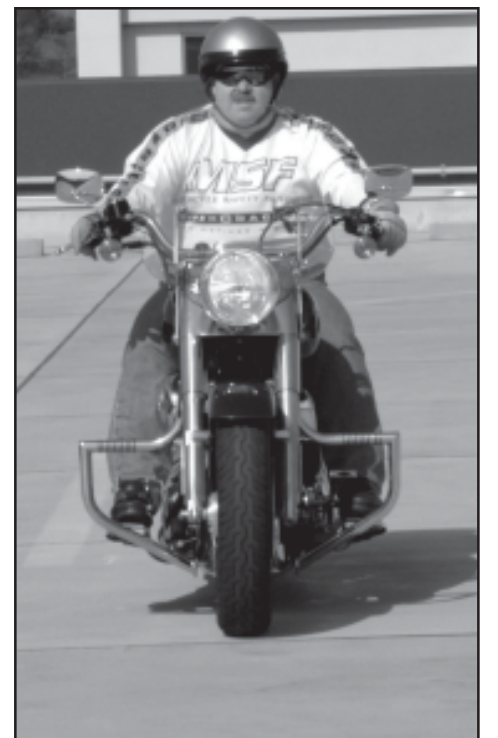
Before riding

You must have completed a MSF, motorcycle safety course within the last three

years as outlined in OPNAVINST 5100.12 series. You are not authorized to ride a motorcycle on base without proof of MSF course completion and it is also necessary to acquire a base sticker.

Get trained

Call CFAS Safety at 252-3903 to attend the next Basic Rider Course (BRC) or Experienced Rider Course (ERC).



MSF rider coach, stands ready to train Sasebo's motorcycle enthusiasts. (Official U.S. Navy photo by JO3 Rebekah Blowers)

New AIU office to open at Nimitz Park June 28

JO3 Rebekah Blowers
CFAS Public Affairs



A contractor installs drywall at the AIU office site, scheduled to open June 28. (Official U.S. Navy photo by JO3 Rebekah Blowers)

American Insurance Underwriter (AIU) is coming to the United Service Organization (USO) Nimitz Park June 28. There is an open house scheduled for June 26 to celebrate the opening with refreshments and fun.

AIU is a vehicle insurance company that caters to servicemembers living in Japan. According to D.J. Stanhope, USO director, the new location will be convenient for the Sasebo community in many ways, such as an English speaking staff, a comfortable waiting area and better parking.

“This is an improved service to the community because the current office is difficult to get to and parking is inconvenient and dangerous. Not to mention, people have to go to so many places as it is to register their car that introducing this location is just much easier for them,” Stanhope said.

The company will not only give easy access to its insurance services, but will provide support to the USO.

According to Stanhope, AIU will pay for the phone lines in the USO that troops can use to call on-base locations, as well as provide income that the USO needs to maintain their services for the community.

The USO strives to provide services and support to the community at the Fleet Landing USO as well as the USO Nimitz Park. The Fleet Landing USO is primarily designed for shipboard single Sailors to relax, stretch out in comfortable recliners and use the free Internet service and free DSN lines.

According to Stanhope, volunteers are greatly needed to keep the Fleet Landing open at hours when the Sailors need and want it open.

One idea she had was for individual ships or organizations to sponsor the Fleet Landing for two weeks or months at a time. This way, the volunteering organization could provide personnel to supervise the lounge and decide the hours they would want it open.

Stanhope said that she would ensure it would be fun for the volunteers as well.

“We can plan events and activities around that [the volunteering organization’s support] so we can make it fun

for them too,” Stanhope said.

The Sasebo USO also supports many of the major events in the Sasebo community by contributing to giveaways and fun for the whole community.

According to Stanhope, the USO is always looking for opportunities to serve the community and adding AIU to their facility is just one way in which they do that.

For more information about volunteer opportunities or the new AIU facility, contact the USO at 252-3959.



Ensure Tricare PCS coverage

William Charron
TRICARE Pacific Marketing Representative

Permanent Duty Station (PCS) season is just starting and will continue over the next few months. Whether Standard or Prime, Tricare Pacific beneficiaries can be assured their healthcare coverage will PCS with them.

Tricare Standard beneficiaries can see any Tricare authorized provider but must meet associated deductibles and cost shares. Currently the annual deductible is \$50 per individual and \$100 per family for E-1 through E-4 or \$150 per individual and \$300 per family for E-5 through O-10 sponsors. The cost-share for outpatient care for active duty family members is 20 percent of the Tricare Maximum Allowable Charge (TMAC). Inpatient care will cost the greater of \$25 or a minimal daily rate (\$13.32 per day for Fiscal Year 04).

Before leaving, stop by the Tricare Service Center (TSC) for a travel information package. The TSC representative can answer any questions about transferring enrollment, program benefits and procedures for healthcare while in transit. Prime members should complete a PCS form, which will let the Service Center know they are leaving the Pacific region.

Tricare Prime is designed to be easy and convenient, but there are a few things beneficiaries must keep in mind to avoid unnecessary costs, ensure access to quality care and ensure no break in Prime coverage.

Receiving Health Care While In Transit

It is important to remember that Tricare Pacific Prime beneficiaries are covered by Tricare Pacific until their enrollment is transferred to their new region. Beneficiaries automatically convert to Tricare Standard if Pacific Prime enrollment is not transferred within 60 days of their departure date from their Outside of the Continental U.S. assignment.

The following procedures apply:

Emergency Care: If emergency medical care is required while traveling, go to the nearest Military Treatment Facility (MTF) or civilian emergency room. Be sure to get an itemized bill and a receipt.

Urgent Care: All beneficiaries are encouraged to visit the nearest MTF for available appointments whenever possible. When care is not available at a MTF, call the nearest regional Tricare Service Center (TSC) to get listings of available civilian network providers.

Routine Care: Prime beneficiaries should wait until they transfer their enrollment to their new region for any routine appointments. Otherwise, they will be exercising the Point-of-Service option (POS). This means out-of-pocket costs, deductibles and cost shares.

Upon Arrival At The New Duty Station

It is important to update the Defense Enrollment Eligibility Reporting System (DEERS) record upon arrival at the new duty station. DEERS is usually updated by the personnel support office or designated administrative office. If Prime is available, Prime beneficiaries should transfer their enrollment as soon as possible by completing the proper paperwork at the new TSC.

Tricare Standard beneficiaries may want to consider enrolling into Prime at their new assignment. The TSC can provide information about locally available Tricare programs and help beneficiaries make informed choices about their family’s health care coverage.

Filing Medical Claims

If civilian care is obtained while in transit, a claim for payment or reimbursement must be submitted to the Tricare Pacific claims processor. The beneficiary should use their FPO mailing address for claims purposes. All network

providers will file the claim for the beneficiary but be sure the provider sends it to the appropriate address below. Beneficiaries may be expected to pay at the time of service and then file the claim if seen by a non-network provider. In either event, claims for CONUS active duty care or any care for family members enrolled in Tricare Pacific Prime should be mailed to:

Active Duty	Family Members
WPS-AD Overseas	WPS-Foreign Claims
P.O. Box 7698	P.O. Box 7985
Madison, WI 53707-7968	Madison WI 53707-7985

Tricare Standard beneficiary claims are filed with the claims processor for the region where care was received.

For more information please visit the Tricare Service Center located on the first floor of the hospital or call 252-2565. Additional information is also available at: <www.tricare.osd.mil>.

NEX renovation projects in progress at CFAS

JO3 Rebekah Blowers
CFAS Public Affairs

Sasebo's Navy Exchange (NEX) is currently working on renovation projects around base. The Mini-Mart, Bldg. 108, will be moving to the Autoport, Bldg. 1625, which is currently under construction. Members from the NEX and contracting



Autoport progress in April 2004. (Photo by Sandra Franklin)

agencies have conducted meetings to review the construction of the Autoport and the plans for the new Main Store construction. According to Sandra Franklin, Sasebo NEX general manager, the officials found that the Autoport renovation is right on time and should be opening before Thanksgiving of this year. "Everything is right on time and going very well," Franklin said. She added that the plans for the new store, which will be located adjacent to the current Mini-Mart, are 65 percent complete. "As soon as we are done with Bldg. 1625, we will move [the current Mini-Mart] down and demolish it to make room for construction of the new Main Store," Franklin said. There are several reasons why the exchange has decided to make these renovations. "We're here to

support the fleet and it's [the new location of the Mini-Mart] closer to the fleet Sailors," Franklin said. She added that it also creates a one-stop shop for members of the Sasebo community. This has been a work in progress and according to Franklin, a new store was in planning several years ago. She said it was a Government of Japan project to build a new exchange but when changes in the regulations occurred, the project was canceled. "So then the NEX decided Sasebo needed a new store. To combine facilities and have more area for certain categories of merchandise such as clothes and shoes," Franklin said. She said that this is the first time in Japan that the Navy Exchange Service Command is paying for this kind of project and that they have set aside \$16 million to do it. After the total construction is complete, which is expected in mid 2006, the Sasebo



Autoport progress as of June 4, 2004. (Photo by Sandra Franklin)

community will have to shop in only four facilities instead of eight. "This cuts the facilities that our patrons will have to go to shop in half. But, they won't lose any services. In fact, they will probably gain some," Franklin said. For more information, the community can see the plans in the Fleet Exchange or call 252-3454.

Sasebo Elementary students recognized for physical education



- Physical education awards were given to the following students on June 9, 2004 for outstanding effort, conduct and sportsmanship:
- | | | |
|-------------------|-------------------|-------------------|
| Alyssa Alley | Mac Reid | Keisuke Gonzales |
| Kyle Brown | Danielle Brinkley | Rachel Thomas |
| Yuuta Kendall | Mark Lauck | Nick Doyle |
| Madison Espiritu | Jose Marin | Alexandra Quijano |
| Chris Haas | Naomi McKenzie | Jan Villano |
| Kassie Montero | Tanner Alley | De'Andre Jones |
| Naoki Schuhart | Reia Gueverra | Sophia Mar |
| Christene Corneja | Jerica Nimendez | Andrew Racek |
| Thomas McGrath | Sam Baker | Torey Dugas |
| Mason Burt | Jenica Dias | Jacob Morant |
| Ellyse Carrigan | Tevin Franks | Riza Suriben |
| Wylene Cox | Vanessa Morant | Jamie Bantug |
| Tomi Zezulka | Jerard Delrosario | Dominique Dacoco |
| April Perez | Mariko Patula | Karl Soclolo |

Website providing improved access to VMET records now online

Dave Dubois
BuPers Transition Program Coordinator

The Verification of Military Experience and Training (VMET) record is a document each active duty member has constantly updated on record with the Defense Manpower Data Center (DMDC). DMDC tracks your professional development as you progress through your career. Bill Years is the local Transition Program Specialist (TPS) in Sasebo, and he wants to share the latest advancement in VMET accessibility with you. Title 10, U.S. code, Chapter 58, Section 1143, requires the Secretary of Defense to provide members of the armed forces who are discharged or released from active duty a certification

or verification of job skills and experience acquired while on active duty that may have application to employment in the civilian sector. The Department of Defense (DoD) developed the VMET document to meet this requirement. The VMET is available only to servicemembers with active military service in the Army, Navy, Marine Corps, Air Force, active guard or reserve components, on or after October 1, 1990. The primary purpose of the document is to aid transitioning personnel in post-military job searches by providing a translation of military skills and experience to civilian terms. Transitioners may use the document to help craft civilian resumes and research related civilian occupations they may be eligible and qualified for. This document is not an official

transcript. Personnel desiring this type of documentation for college entrance or credit evaluation should seek their Sailor/Marine American Council on Education Registry Transcript (SMART) from the Navy College Website. Our goal is to enable individual servicemembers with the capability to access and download their individual VMET document on-line. To achieve this goal, the Office of Military Community and Family Policy (MC&FP) and other military departments have developed a website that allows separating service members to do that: <http://www.dmdc.osd.mil/vmet>. Service members may access and download their

VMET by typing in your "MyPay" PIN and Social Security Number anywhere you have access to a computer. Personnel who are no longer in a DFAS pay status may request their VMET document through any Fleet and Family Support Center Transition Office, who will continue to maintain connectivity to the DMDC under the system that currently is in place. Contact Years at 252-3604 if you have any questions about this new service.



Tricare health coverage follows students to college

William Charron

Tricare Pacific Marketing Representative

When it's time for your child to go to college, you'll face many decisions as a family. Continued health care coverage is one of them. Tricare covers your eligible student until he or she turns 23 as long as they attend school full-time. One decision you will have to make is determining which Tricare option will work best for your child. Although you and your family may be enrolled in Tricare Pacific Prime, this may not be the best choice for your college-bound son or daughter.

If your student's college or university is located in an area where Tricare Prime is offered, you can transfer their Prime enrollment. It is not necessary to have all family members enrolled in the same region. To assist in determining if there is a provider network in the area where the college is located, merely type in the zip code at http://www.Tricare.osd.mil/provider_directory.html to locate network providers. Then proceed to <http://www.Tricare.osd.mil/regionalinfo> to locate the region where your child will reside and download enrollment forms. Retirees should keep in mind that although Prime is not an Out of the Continental U.S. option, it may be available in the region where your child will reside. However, there is an enrollment fee for Prime for retirees and their family members. Be sure your student understands

the rules in the new Tricare region pertaining to pre-authorization for care. Failure to abide by these rules could result in Point of Service charges.

While traveling to the new region, your child is covered by Tricare Pacific traveling procedures for emergency and urgent care. Routine care should be accomplished after enrolling at the new region.

If Tricare Prime is not available where your student will be living, Tricare Standard may be the option of choice. With Tricare Standard there is no enrollment required but your child will need to be disenrolled from Tricare Pacific Prime. Tricare Standard is a fee for service option that allows your student to see any Tricare authorized provider they choose. You will be responsible for annual deductibles and cost-shares. Claims are submitted to the region where your student is located for payments and reimbursements.

When your child returns during the summer you may transfer their enrollment back to your home region. There is no charge and no restriction on the number of times an active duty family member can transfer enrollment to a different region. Retiree family members are allowed one transfer from and one transfer back to the original region within a twelve-month period.

For more information about transferring enrollment, please visit our website at <http://www.Tricare.osd.mil> or contact your health benefits adviser at the Tricare Service Center at 252-2565.

Tea held at Sasebo Elementary School to thank volunteers



Sasebo Elementary school thanked their volunteers, shown here, at the Volunteer Tea on Tuesday, June 8, at Sasebo Elementary School. Volunteers assist teachers by serving as room mothers, preparing class materials and going on class field trips. (Photo released by CFAS Public Affairs)

Singapore, U.S. Sailors wrap up CARAT exercise with sports day

JO 2 (SW) Stephen Haynes

USS Fort McHenry Public Affairs

CHANGI NAVAL BASE, Singapore — U.S. and Republic of Singapore Navy (RSN) Sailors came together June 10 to wrap up the Singapore phase of exercise Cooperation Afloat Readiness and Training (CARAT) during what has become a CARAT tradition, sports day.

Sports day has been a part of CARAT since the exercise was first established ten years ago, but this was the first year U.S. and Singapore Sailors were on the same teams instead of being in direct competition.

"Sports day is a collaborative effort in the same spirit of cooperation that CARAT is," said Ensign Peter Ruscitti, Morale, Welfare and Recreation (MWR) officer for USS Fort McHenry (LSD 43). "It's about American and Singapore Navy personnel working together. This year they combined us by warfare area into teams alongside our Singapore navy counterparts."

For many, this was their first time playing sports with people from another country, and they considered it a rare opportunity.

"This was a great opportunity to get out and strengthen our relationship with Singapore and show that everybody can work together," said Ensign Francis Ebong, of Fort McHenry's supply department. "Events like this are good for morale because it makes you feel like one team."

Echoing that sentiment was 1st Sgt. Francis Tan, of the RSN.

"I think Singaporeans and Americans do a great job working together," said Tan. "Americans accepted a lot of new ideas and they didn't reject me. I'm very happy to be

here."

As sports day started on the soccer field and basketball court, it was clear that everyone was happy just to be able to get out in the sun and have fun.

"I think it's a great idea for all the teams from the ships to get together to build a bigger and longer lasting relationship," said Seamen Neal Lyons, of Fort McHenry's deck department. "I think that when you see these teams come out here it shows we're having



USS Fort McHenry, homported in Sasebo, was an integral part of the CARAT exercises. (Photo released by CFAS Public Affairs).

fun together. It's not about an exercise, it's about having a good time."

Even though no one on the field was a professional athlete, everyone gave it their all in the name of sportsmanship.

"I think sports day is a great idea. I know that we're going to have sports days in the other nations that we're going to be visiting," said Ruscitti. "Since CARAT is about cooperation, I think sports day is a great way to foster that attitude."

CARAT is a regularly scheduled series of bilateral military training exercises with several Southeast Asia nations designed to enhance the interoperability of the countries' respective sea services.

TSP open season ends June 30

Compiled from TSPUS4/2004

The Thrift Savings plan is a voluntary retirement savings and investment program. Money saved and earned through a TSP account will provide an important source of retirement income. A major advantage of TSP is that no taxes are paid on contributions or earnings until withdrawal from the account.

The TSP open season is servicemembers chance to start or change contributions to TSP accounts. The current season ends June 30, 2004. This open season, account holders can elect to contribute up to nine percent of their basic pay each month. If they elect to contribute from basic pay, they may also elect to contribute up to 100 percent of incentive and special pay, including bonus pay, received but total contributions from taxable pay for the year may not exceed the Internal Revenue Service (IRS) limit (\$13,000 for 2004).

Five investment funds are available to choose from, and can be found on the TSP website at www.tsp.gov:

Government Securities Investment (G) Fund – invested in short-term, risk-free U.S. Treasury securities that are specially issued to the TSP.

Fixed Income Index Investment (F) Fund – invested in a bond index fund that tracks the Lehman Brothers U.S.

Aggregate (LBA) bond index.

Common Stock Index Investment (C) Fund – invested in a stock index fund that tracks the Standard & Poor's (S&P)

500 stock index (which comprises large companies).

Small Capitalization Stock Index Investment (S) Fund – invested in a

stock index fund that tracks the Wilshire 4500 stock index (which comprises small and medium companies).

International Stock Index Investment (I) Fund – invested in a stock index fund that tracks the Morgan Stanley Capital

International EAFE (Europe, Australasia, Far East) stock index (which comprises stocks in 21 countries).

New participants' contributions are automatically invested in the G Fund. Once an account has been established, servicemembers can make an investment allocation to put contributions in the funds of their choice. There is no guarantee that future rates of return will replicate historical rates, and there is risk of investment loss in the F, C, S and I funds. The most recent share prices and rates of return are available at the TSP web site or by calling the ThriftLine at (504)255-8777.



UPCOMING EVENTS & MOVIES



BLAST OFF TO GALAXIES

TUESDAY, JUNE 22

8 P.M.

FREE!

COMEDY NIGHT

NATE TIMMEL

D'MILITANT

C R A I G K A R G E S




Dinner Show

ADULTS: \$15.95
CHILDREN 5 - 10 YEARS OF AGE: \$7.95
CHILDREN 4 & UNDER: FREE

Doors open at 5:00 p.m.
Show begins at 6:30 p.m.



Experience the Extraordinary

Saturday, June 26

For more information, call 252-3965. Visit their site @: www.craigkarges.com

Movie Schedule for June 18 - June 25

FEATURED PREMIERE



Rated: PG

Starring: Daniel Radcliffe, Emma Watson, Rupert Grint, Gary Oldman and David Thewlis

During the summer before Harry's third year at Hogwarts, he has to go on the run after an incident where he was unable to control his anger... getting on a bus, he hears about Sirius Black, a renegade wizard who was a Prisoner at Azkaban. What Harry does not suspect is that Black escaped to look for... him.

SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, JUNE 18	SATURDAY, JUNE 19	SUNDAY, JUNE 20	MONDAY, JUNE 21	TUESDAY, JUNE 22	WEDNESDAY, JUNE 23	THURSDAY, JUNE 24	FRIDAY, JUNE 25
5 p.m. (PG) *Ella Enchanted 7:30 p.m. (PG-13) *Laws of Attraction 9:30 p.m. (R) *Kill Bill Vol. 2 Midnight (PG-13) Johnson Family Vacation	2 p.m. (PG) Harry Potter and the Prisoner of Azkaban 5:30 p.m. (PG) Harry Potter and the Prisoner of Azkaban 9 p.m. (R) Kill Bill Vol. 2	2 p.m. (PG) Harry Potter and the Prisoner of Azkaban 5:30 p.m. (R) Troy 9 p.m. (R) Kill Bill Vol. 2	6 p.m. (R) Troy 9:30 p.m. (R) Troy	6 p.m. (PG) Shrek 2 8:30 p.m. (PG-13) The Day After Tomorrow	2 p.m. (PG) Harry Potter and the Prisoner of Azkaban 6 p.m. (PG-13) The Whole Ten Yards 8:30 p.m. (R) Kill Bill Vol. 2	6 p.m. (PG-13) Walking Tall 8:30 p.m. (R) Troy	5 p.m. (PG-13) Connie and Carla 7:30 p.m. (PG-13) Laws of Attraction 9:30 p.m. (PG-13) *13 Going on 30 Midnight (R) *The Punisher

Rated: PG

Starring: Daniel Radcliffe, Emma Watson, Rupert Grint, Gary Oldman and David Thewlis

During the summer before Harry's third year at Hogwarts, he has to go on the run after an incident where he was unable to control his anger... getting on a bus, he hears about Sirius Black, a renegade wizard who was a Prisoner at Azkaban. What Harry does not suspect is that Black escaped to look for... him.

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, JUNE 18	SATURDAY, JUNE 19	SUNDAY, JUNE 20	MONDAY, JUNE 21	TUESDAY, JUNE 22	WEDNESDAY, JUNE 23	THURSDAY, JUNE 24	FRIDAY, JUNE 25
4:03 p.m. Harry Potter Premiere Party (see poster for details) 6 p.m. (PG) *Harry Potter and the Prisoner of Azkaban 9 p.m. (PG) *Harry Potter and the Prisoner of Azkaban	2 p.m. (PG) Shrek 2 6:30 p.m. (PG-13) The Day After Tomorrow 9 p.m. (PG-13) Johnson Family Vacation	2 p.m. (PG) Shrek 2 6:30 p.m. (R) The Girl Next Door	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	6:30 p.m. (PG-13) Laws of Attraction No scooters, skates, skateboards, strollers or backpacks allowed in theaters. No outside food or beverages.	6 p.m. (PG) Harry Potter and the Prisoner of Azkaban 9 p.m. (R) Kill Bill Vol. 2

JOHNSON FAMILY VACATION (PG-13)

Starring: Bruce Willis, Matthew Perry, Amanda Peet, Kevin Pollak and Natasha Henstridge

AAA can't help the roadside emergency that is the Johnson Family Vacation. Even the onboard navigation system has a meltdown on Nate Johnson and his family's cross-country trek to their annual family reunion/grudge match. Reluctantly along for the ride are Nate's wife who's only in it for the kids; their rapper-wannabe son; their teenage daughter who's fashioned herself as the next Lolita; and their youngest, who just can't seem to keep track of her imaginary dog. Can the Johnsons survive each other and all the obstacles the road throws at them to make it to Caruthersville, Missouri? Can they find Missouri?

SHREK 2 (PG)

Starring: Mike Meyers, Eddie Murphy, Cameron Diaz, Julie Andrews and John Cleese

After battling a fire-breathing dragon and the evil Lord Farquaad to win the hand of Princess Fiona, Shrek now faces his greatest challenge: the in-laws. Returning from their honeymoon, Shrek and Princess Fiona find an invitation to visit her parents, the King and Queen of Far, Far Away. Little do they know that they King has enlisted the help of a powerful Fairy Godmother, along with the handsome Prince Charming and the famed ogre killer Puss In Boots, in order to put right his own version of "happily ever after."

TROY (R)

Starring: Brad Pitt, Eric Bana, Orlando Bloom, Peter O'Toole and Diane Kruger

After a beautiful Greek woman named Helen is stolen away from the King of Sparta by Prince Paris of Troy, the Greek army unleashes a violent attack upon Troy. For over a decade, the two nations wage a gruesome war against each other, with the Trojans led by Hector and the Spartans headed by Achilles.

LAWS OF ATTRACTION (PG-13)

Starring: Pierce Brosnan, Julianne Moore, Parker Posey, Michael Sheen and Frances Fisher

Maybe getting married first is the best way to fall in love. As divorce attorneys, Audrey and Daniel have seen love gone wrong in all its worst case scenarios. So, how bad could their chances be? When they get married, can they avoid the same issues at home that lead people to provide them business at work?

KILL BILL VOL. 2 (R)

Starring: Uma Thurman, David Carradine, Lucy Liu, Vivica A Fox and Michael Madsen

After dispensing with former colleagues O-ren Ishii and Vernita Green, The Bride resumes her quest for justice. With those two down, the Bride has two remaining foes on her "Death List" to pursue - Budd and Elle Driver - before moving to her ultimate goal... to kill Bill.



Treat Dad to Steak & Eggs for Father's Day
Make this Father's Day, Sunday, June 20 special for dad at the Harbor View Club's Father's Day Steak & Egg Brunch, 11 a.m. – 2 p.m. Adults \$14.95, Children 5 – 10 years old \$6.95 and children 4 & under are free. For more information, call 252-3965.

The World's only Female Tribute Band to Iron Maiden

Don't miss this rocking show featuring the Iron Maidens live in concert, Sunday, June 20 at Galaxies, 8 p.m. For more information, call 252-2980.

Summer Comedy Showcase

Galaxies is the place to be on Tuesday, June 22, 8 p.m. Enjoy a night of laughter with

featured comedians Nate Timmel & D'Militant. The laughs begin at 8 p.m. Free. For more information, call 252-2980.

Experience the Extraordinaire

If you missed Craig Karges' last visit to Sasebo, don't miss this chance on Saturday, June 26 at the Harbor View Club. This will be a dinner show, \$15.95 for adults, \$7.95 for children 5 – 10 years of age, 4 & under are free. Come and be amazed with mind-boggling feats. Visit their site at: www.craigkarges.com. For more information, call 252-3965.

Register now for Great Bowling Tournaments

The Spare Time Recreation Bowling Center

is gearing up for two great tournaments.

Saturday, July 3, it's the Independence Day Blast Off Tournament at 11 a.m. You may register now until Friday, June 25. Men will be 9-Pin No Tap and Women 8-Pin No Tap. \$20 entry fee and the 5 top bowlers will finish in the money. There will be lucky drawings throughout the tournament for participants. A minimum of 25 and maximum of 40 bowlers. The highest total pin fall will determine the winner. The total number of participants will determine the prize money. Must be 18 years or older.

Kids 9-Pin No Tap Bowlarama on Saturday, July 10 from 11 a.m. – 2 p.m. \$10 entry fee and there will be prizes for all participants. This tournament will consist of 3 games of 9-Pin No Tap bowling. Age categories: 5 years & under, 6 – 11 years old, 11 & 12 years old, 13 – 18 years old.

Registration deadline is Friday, July 2. For more information, call 252-3634.

Get prepared for the Summer with the Sailing & Outdoor Adventure Center

Whether it is kayaking, canoeing, power

boating, water skiing, basic sailing or getting your RV certification, the Sailing & Outdoor Adventure Center has a class to get you ready and certified for fun in the sun this summer. Stop by the Sailing Center and get all of your information or call 252-3500.

Boys & Girls Clubs of Sasebo Youth Summer Camp

Registration is going on now for this year's 2004 Summer Camp. Stop by the Main Base or Hario Youth Center and register your 6 – 12 year old for a summer of fun. You can sign up for one week or for the whole summer. Two great camps to choose from each week, one will be creative, and the other active. First come, first serve basis. For more information, call 252-2989 or 252-8866.

Free Shirahama Beach Shuttle Bus

Every Sunday, starting June 13 through August 29, there will be a free MWR Shirahama Beach Shuttle Bus. The bus will depart Main Base from the bus stop located across from the Commissary at 11 a.m., 12 Noon, 2 p.m. and 4 p.m. Return trips from Shirahama Beach will be at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information, call 252-3433.

Living in Japan: Being extemporaneous

In my younger days in Japan I can recall the excitement of acting on whims and sudden notions in taking road trips to Nikko, Mount Fuji, up into the Japan Alps, and many other previously unvisited destinations. A tedious Friday morning would plod towards noontime as a work week wound down, and idle chatter would see

someone coming up with a brilliant idea for a drive somewhere. As liberty call would sound that afternoon, we'd pile into two or three cars and set off for a two day odyssey of discovery.

Many great memories were born during those extemporaneous jaunts to both local and distant sites around the Japanese countryside, as we wandered and explored the back roads of Japan. Where has that wanderlust gone? How have I managed to let the energy, enthusiasm, and curiosity I once had escape me?

Nowadays, prudent, proper, prior planning has replaced spontaneity in my life, and even then, last minute occurrences too often find me all-to-readily deciding not to follow through on planned

excursions or adventures. I would chalk all of this up to the aging process, if I didn't observe so many younger Sailors and their families already suffering this malady of ho-hum existence.

To be sure, the exchange rate of ¥360 to \$1.00 had a part to play in our ability to be more spontaneous back in the '60's and early '70's, but it seems to be more than that.

When was the last time you just climbed into your vehicle on a Saturday morning and headed off in an unfamiliar direction to see what was over the next mountain? All it takes is a pocket full of yen, I would say at least ¥30,000 to cover various exigencies, and a full tank of gasoline. Stopping where something catches your eye,

taking pictures of quaint sites and interesting scenery, eating at small restaurants beside the road, buying bentos from one of the myriad convenience stores you will pass, or snacking on picnic fixings you've prepared beforehand. No set destination in mind, being satisfied with just the refreshing newness that surrounds you as you explore Japan.

Some people get real concerned about getting lost. If you start out with no destination in mind you can't possibly get lost, and by using local town and city names on highway signs as references, you will always be able to vector your way back to Sasebo. I mean, Kyushu is an island for Pete's sake, how far can you go in a few hours time?

Just writing this has fired up my spirit of discovery once again. But I am foiled by my forces of habit, and I find myself starting to 'plan' an extemporaneous outing. How sad is that?



SUPERVISORY PROGRAMS
MANAGER
FLEET & FAMILY SUPPORT
CENTER



AIU Open House

Welcome the AIU insurance service to Nimitz Park June 26 from 3 to 5 p.m. with free refreshments and giveaways. Retail service will begin June 28, with hours from 10 a.m. to 5:45 p.m. Monday - Friday.

Duty Manager Position Available

Looking for someone interested in providing great customer service! Must be flexible, able to work various locations and hours. Stop by Fleet Landing or Nimitz Park for an application.

Help Wanted

KDDI telephone service, which supports the USONet, is looking for a technical representative. For more information, contact the USO at 252-3959.

USO Gala and Service Salute

The USO will celebrate its Fifth Annual Service Salute on Friday, July 2 at Huis Ten Bosch's ANA Hotel. The event, honoring U.S. and Japanese military forces, begins at 6:30 p.m. and will include dinner, a program of recognition, a guest speaker, entertainment and music. Tickets can be obtained from either the Fleet Landing or any USO Council member.

For more information, please call 252-3959.

Betcha didn't know about Saikai National Park origin

Phil Eakins
Base Historian

There are many fine national parks sprinkled throughout Japan. Luckily for us, we don't have to travel very far to visit one of the most beautiful parks this country has to offer.

Saikai National Park was established as Japan's 18th national park on March 16, 1955 to take advantage of the abundant natural scenery that embraces Sasebo and the surrounding areas. The park encompasses a region of nearly 61,000 acres, stretching from Hirado Island to Goto Retto and includes approximately 400 islands.

There were several scenic spots around

the Sasebo area that citizens visited regularly many years ago. These areas, however, were placed off-limits during the expansion of the Sasebo Naval Station prior to and during the Pacific War. After the war ended, these spots were again opened for everyone to enjoy. Economics played a major role in the creation of Saikai National Park as well. In 1948 Sasebo was designated a trading port and its citizens promoted the harbor's image as one of peace and industry rather than military.

Situated within Saikai National Park is an area known as Kujukushima, more commonly referred to as 99 Islands. The name is of this area is a bit misleading; according to Sasebo city officials there actually are 208 islands located in the 99 Islands area. If you ask a

Japanese friend why the area is called 99 Islands, chances are they'll respond with a simple "I don't know" or "I'm not sure". One possible explanation is that '99' is sometimes used to refer to a large quantity; i.e. there are many islands around Sasebo, hence the name '99 Islands'.

Local officials recently created a 14-person committee to prepare for Saikai National Park's 50th anniversary next year. Stay tuned for announcements regarding this special event. In the meantime, you're invited to view several old brochures featuring the Saikai National Park and 99 Islands at the base museum located next to the library.

Worship Services

Community Chapel, Main Base

Roman Catholic
Sun. 9 a.m., Tue.-Fri. 11:30 a.m., Sat. 5:30 p.m.
Protestant
Sun. 11 a.m.
Protestant Sunday Schools
Sun. 9:30 a.m.
Catholic Catechetical Doctrine
Sun. 10:15 a.m.
Ladies Bible Study by Beth Moore
Wed. 9:30 a.m. & 6:30 p.m.- Music room
Christian Men’s Fellowship
Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

Hario Chapel

Protestant (Traditional)
Sun. 9:30 a.m.
Roman Catholic
Sun. noon
Episcopal
Sun. 5 p.m.
http://culdee.org
Protestant Sunday School
Sun. 9:45 a.m.
Catholic Catechetical Doctrine
Sun. 11 a.m.
Ladies Midweek Bible Study
Wed., 9 a.m.
Youth Drama Group
Sun. 1:30 p.m.

Lay Congregations

Church of Christ (CEC)
(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122
Jewish Community
Contact Religious Ministries at 252-3380 FMI
Nichiren Daishonin’s Buddhism (SGI-USA)
Sat. 1 p.m. at the Community and Education Center (CEC). FMI 252- 8165
New Life Christian Fellowship (CEC)
Sunday School- 12:15 p.m. MB, Sunday Worship Service- 1 p.m. MB, Adult Bible Study - Fridays, 6 p.m. Hario. Prayer Meeting- Wed., 6 p.m., Hario. FMI 252-7332
Ladies Bible Study (CEC)
Tuesday 6:30 p.m.- Music Room FMI call 252-8632
Family Bible Study (Hario)
Wednesdays 7 p.m. FMI call 252-8632

Off-base Congregations

Greater Harvest Holiness Church of God in Christ
Located in Daikoku-cho. Sun. 11 a.m. FMI 090-1517-7712
Church of Jesus Christ of Latter Day Saints
Missionary- 252-8279
Lighthouse Baptist Church
Sun. 11 a.m. & 6 p.m. Wed. 7 p.m. FMI, 33-9011 or 090-8914-8319.
International Christian Assembly
Assemblies of God; Sun. 10:30 a.m. & 5:30 p.m. FMI, 28-4063.
Iglesia Ni Cristo
252-2363 During working hrs.
252-8453 After working hrs.

For more information, please contact Religious Ministries at 252-3380.

AFN-TV Schedule June 19 - June 25

The following schedule is an abbreviated schedule. For a full schedule, please log on to www.myafn.net or check AFN Channel 5.

	News	Spect.	Pac.	Atlan.	Sports
Sat. June 19	9 a.m - Headline News 11 a.m. - Hannity & Colmes 4 p.m. - Paula Zahn 6 p.m. - Hardball 8 p.m. -O'Reilly Factor	9 a.m. - The View 10 a.m. - Burt Wolf's Local Flavors 3 p.m. - Wit 8 p.m. - Trading Spaces 9 p.m. - Everwood	3 p.m. - Lizzie McGuire 7 p.m. - My Wife & Kids 8 p.m. - The West Wing 10 p.m. - Headline News	7:30 a.m. - The Late Show 11 a.m. - The Truman Show 3 p.m. - Clifford's Puppy Days 7 p.m. - Endurance	7 a.m. - Golf 9 a.m. - Sportcenter 10 a.m. - MLB 12 p.m. - MLB 3 p.m. - ESPN News 6 p.m. - MLB 9p.m.-Sportscenter
Sun. June 20	9 a.m. - Capital Gang 10 a.m. - Washington Week in Review 6 p.m. - The Chris Matthews Show 8 p.m. - CNN Presents	9 a.m. - Swamp Critters 7p.m. -The Simpsons 8 p.m. - Everybody Loves Raymond 9 p.m. - Joan of Arcadia	8 a.m. - Headline news 3 p.m. - Rocket Power 8p.m. - America's Funniest Videos 9 p.m. - Mrs. Doubtfire	8 a.m. - ESPN News 9 a.m. - Saturday Night Live 4 p.m. - Wishbone 8 p.m. - Headline News 9 p.m. - MLB	9 a.m. - ESPN News 9 : 3 0 a . m . - NASCAR 12 p.m. - WNBA 4p.m- Sportscenter 9:30 p.m. - Track & Field
Mon. June 21	7 a.m. - Tim Russert 8 a.m. - Fox Report 9 a.m. - This Week 11 a.m. - 60 Minutes 4 p.m. - Beltway Boys 8 p.m. - Good Morning America	10 a.m. - Average Joe 2 p.m. - Sleepless in Seattle 5 p.m. - The Simpsons 8 p.m. - Monster Garage	10 a.m.- Dr. Phil 1:25 p.m. - Guiding Light 4:30 p.m. - Even Stevens 6:30 p.m. - Pacific Report 8 p.m - Cold Case	8:30 a.m. - Seinfeld 11:30 a.m. - America's Black Forum 3:30 p.m. - Wheel of Fortune 7:30 p.m. - Judge Judy 8 p.m. - Today 10:30 p.m. - Digimon	8 a.m. - Baseball Tonight 9 a.m. - MLB 4 p.m.- AMA Motorcross 8 p.m. - NBA
Tues. June 22	7 a.m. - Headline News 8:30 a.m. - CBS Evening News 10 a.m. - Hannity & Colmes 6 p.m. - CNN Daybreak	9:30 a.m. - Happy Days 6 p.m. - Monk 7 p.m. - ER 8 p.m. - The Residents 9 p.m - Life is Beautiful	12 p.m. - NBC Nightly News 3 p.m. - Arthur 5 p.m. - Jeopardy! 8 p.m. - A Bug's Life 10 p.m. - Pacific Report	9 a.m. - MLB 12 p.m. - Headline News 3 p.m. - Sagwa 5:35 p.m. - Guiding Light 6:17 p.m. - General Hospital	8 a.m. - Sports Special 1 p.m. - Champ Carworld Series 4 p.m.- Bassmaster Elite 50 8 p.m. - Sportscenter
Wed. June 23	8 a.m. - ABC World News Tonight 12 p.m. - BET Nightly News 2p.m.-Newsnight w/ Aaron Brown 7 p.m. - The O'Reilly Factor	10 a.m. - Super Millionaire 2 p.m. - Muriel's Wedding 7 p.m. - Star Trek 8 p.m. - Mail Call 9 p.m. - Secrets Of War	9:30 a.m. - Wheel Of Fortune 12 p.m - Judge Judy 7 p.m. - 8 Simple Rules 8 p.m. - Fear Factor	8 a.m. - Wall Street 12 p.m. - Headline News 4 p.m. - The Dr. Phil Show 8 p.m. - Today 10 p.m. - Between The Lions	8 a.m. - College Baseball 11 a.m. - MLB 2:30 p.m. - Totally NASCAR 4 p.m. - NASCAR Nextel Cup Series
Thurs. June 24	7:30 a.m. - NBC Nightly News 12:30 p.m. - Nightly Business Report 3 p.m. - Paula Zahn Now 6 p.m. - 60 Minutes	9 a.m. - The Simpsons 2 p.m. - Masterpiece Theatre 6 p.m. - One Tree Hill 7 p.m. - The West Wing	8 a.m. - Sesame Street 3 p.m. - Disney's Hercules 7 p.m. - Everybody Loves Raymond	8 a.m. - MLB 12 p.m. - Headline News 3 p.m. - The Dr. Phil Show 4:46 p.m. - Oprah 8 p.m. - Today	8 a.m. - College Baseball 2 p.m. - ESPNNews 3 p.m. - Sportscenter 8 p.m. - MLB 11 p.m. - Beyond the Glory
Fri. June 25	1 p.m. - Larry King Live 5 p.m. - Hardball w/ Chris Matthews 6 p.m. - Primetime 8 p.m. - Good Morning America	8:30 a.m. - The Wild Thornberries 3 p.m. - The X-Files 6 p.m. - The Dead Zone 7 p.m. - Boston Public	3 p.m. - House of Mouse 4:30 p.m. - As Told by Ginger 8 p.m. - The Apprentice 9 p.m. - Alias	12 p.m. - Headline News 3:30 p.m. - Wheel Of Fortune 5:35 p.m. - Guiding Light 11 p.m. - Ozzy & Drix	8a.m. - Sports Special 1 p.m. - Sports TBD 8 p.m. - Totally NASCAR 9 p.m. - MLB

Non-Profit Organizations

Al-Anon
090-8229-7048, 090-9602-4353
Alcoholics Anonymous
090-9602-4353, 090-8229-7048

CFAS Wardroom Association
252-3452
CPO Association
252-3521

Exceptional Sailor Program
Shore Duty E-4 and below, 252-5525

Filipino American Association
252-8361, 080-3228-5809

Guardian Angels
Spouse support group. 090-5945-2150

MCM Spouse Support Group
252-7235
Navy League, Sasebo Council
252-3109

Nippon Lodge Number 9
252-3481
Officers’ Spouses’ Club
252-7345

Sasebo Bluejackets Association
E-1 to E-6 personnel. 252-3481
Sasebo Eagles Little League Club
<c30-dd@cfas.navy.mil>
Sasebo First Class Association
Shore Duty E-6's. 252-2181/3347
Sasebo Homeschool Support Group
252-8195, 0956-58-7875

Thrifty Treasures
252-8940

USS Essex Family Support Group
0956-32-2177
USA Girl Scouts Overseas
0956-49-5273
USO
252-3959

Community Numbers Branch Medical

Hours of Operation
Monday & Friday 8:30-11:30; 12:30 - 4 p.m.
Tuesday & Thursday 7:30-11:30; 12:30 - 4 p.m.
Wednesday 8:30-11:30
Appointment Line: 252-2550
Hario Annex Clinic: 252-8770
Online Medication Refill: <www.nhyoko.med.navy.mil>
TRICARE Health Line: 005-3111-4621
TRICARE Enrollment: 252-2572

EMERGENCY NUMBERS
On Base: 9-1-1
Off Base: 0956-23-9911
Patient Comment Line: 252-2536
Or send e-mail to: <SASOIC@nhyoko.med.navy.mil>

Branch Dental

Hours of Operation
Mon.-Tue., Thu.-Fri. 7:15 - 4 p.m.
Wed. (Hario closed) 7:15 - noon
Sick Call 7:15 - 9 a.m.
Main Base: 252-3886
252-3747
Hario: 252-8977
EMERGENCY NUMBERS
After Hours: 252-2550
252-2551
Cell: 080-5059-6754

CFAS Security

Lost and Found 252-2392
Desk Sergeant 252-3446 or 3447
Security Operations Officer 252-2371
Security Administration 252-2386

Fire Department

Business lines
Information/Dispatcher 252-3408/3518
Dispatcher 252-2144
Fire Chief 252-2147
Prevention Chief 252-2139
Training Chief 252-2149
Fire Prevention Offices
Main Base & Hario 252-2142/2163
Ordnance Area 252-2162
FISC Areas 252-2166
EMERGENCY NUMBERS
On Base: 9-1-1
Off Base: 0956-23-9911

Other numbers

Command Chaplain 252-3380
Fleet & Family Support Center 252-3604
CFAS Quarterdeck 252-3311
Navy Relief Society 252-3366
CFAS Public Affairs (Shore-based commands) 252-3409
CTF-76 Public Affairs (Sea-based commands) 252-2131
USO 252-3959
Navy Lodge 252-3608
AFN 252-3869
1575 Thunder Radio 252-1575
Command Connections 252-2290

K-9 unit volunteers at Sasebo's Gion Elementary School

Naomi Sullivan

CFAS Public Affairs

Fleet Activities Sasebo's (CFAS's) Security Detachments K-9 Unit recently started volunteering their time at Sasebo's Gion Elementary School.

Once a week a number of the unit's Sailors interact with the children in grades third through sixth by teaching them basic conversational English.

"We follow a lesson plan of singing songs, color spectrums, basic sentence structure and pronunciation," said Master-at-Arm First Class Ronnie Holland, a CFAS dog handler.

United Service Organization (USO) started going out to the school and needed more volunteers to help. That is when the K-9 unit stepped in to volunteer their time. So far they have had a lot of fun and highly recommend it to anyone.

"It's fun, a lot of fun. You leave with a feeling of inner self accomplishment," said Holland.

Other than teaching English to the children, there are additional benefits such as giving the Japanese community a positive view of Sailors here in Sasebo. Holland said he is glad to be able to be apart of presenting a positive image of the Navy.

USO has numerous volunteer opportunities, and teaching English is just one example of the great services that can be brought to the Sasebo Community on and off base. Members of the community can get in contact with the Fleet and Family Service Center (FFSC) or the Chaplains office for more volunteer options. Another great option available to Sailors and their families to teach English is Camp Ainora, a Japanese Martine Self Defense Force (JMSDF) base. It can be a learning experience for both parties involved.

"Not only am I helping them with their English but they are helping me. I am learning from them, about their culture and we are sharing experiences," said Navy Career Councilor First Class Gerardo Alivio, CFAS career councilor.

Being that Camp Ainora is a military facility there is more common ground and a good opportunity to reflect on military lifestyles, added Alivio.

As mentioned above Sasebo has several great volunteering opportunities that not only benefit the base community but our host nation as well.



Students at Gion Elementary School were recently visited by Sailors from CFAS Security's K-9 unit. (Photo by Naomi Sullivan)

May's Yard of the Month Winners



Fleet Activities Sasebo's Command Master Chief (SS) Bill Lowmon presents certificates to base residents who earned honors for the Yard of the Month for May 2004 in Hario Village. Sasebo's Housing Welcome Center sponsors the program, which recognizes residents who display responsibility and take pride in the appearance of their yards. Prizes awarded include gift coupons and new appliances. Do your part to beautify our community by taking part in this program. For more information, contact the Housing Welcome Center at 252-3402. (Released by CFAS Public Affairs)



A volunteer instructs Gion Elementary School students last week. In addition to English teaching, many opportunities exist to volunteer in Sasebo. Those interested can get in contact with the USO, FFSC or Chaplains office for more information. (Photo by Naomi Sullivan)

CLASSIFIEDS

VEHICLES

(Exp. June 26) **1989 Toyota Master Ace**, JCI '05, asking \$1500 obo. Also selling **1991 Toyota Sprinter**, JCI '05, asking \$1000 obo. Call 090 1971 0581.

(Exp. June 26) **1994 Toyota Corona**, JCI '04, asking \$500. Also selling **1991 Nissan March**, JCI '04, asking \$300. Call 252-4192 or 28 7303 until 9 p.m.

(Exp. June 26) **1992 Toyota Van**, JCI '05, asking \$1900 obo. Call 252-2584 or 20 8064.

(Exp. June 26) **1993 Toyota Marino**, JCI '04, asking \$1400. Call 090 1515 8791.

(Exp. July 3) **1990 Honda Integra**, JCI '05. Call 252-2268 or 090 3662 7769.

(Exp. July 3) **1995 Toyota Carina**, JCI '05, asking \$1500. Call Joe at 252-2560 or 47 7765.

(Exp. July 3) **1994 Toyota Carrina E.D.**, JCI '05, asking \$2000. Call Ryan at 252-2244 or 090 7385 0159.

(Exp. July 3) **1994 Nissan Silvia**, JCI '04, asking \$2000. Call Kenneth at 080 1712 3542 or email <moonwalker1977@yahoo.com>

(Exp. July 3) **1991 Black Toyota Levin**, JCI '04, asking \$800. Call Cyr at 090 5935 5560.

(Exp. July 3) **1991 Nissan Serena Van**, JCI '05, asking \$850. Call 090 5283 6032.

(Exp. July 10) **1996 Mitsubishi Stationwagon**, JCI '05, asking \$2500. Call 252-8381/8489.

(Exp. July 10) **1993 Diahatsu**, JCI '04, asking \$600. Call Craig at 59 3179.

(Exp. July 10) **1995 Nissan Prairie Van**, JCI '04, asking \$2500. Call 252-8441.

(Exp. July 10) **1993 Nissan Silvia**, JCI '05, asking \$1800. Call Mark at 252-8649/2399 or 090 7294 9808.

(Exp. July 10) 1992 Toyota Town Ace, JCI '05, asking \$2000. Call 252-2125/8133 or email <n91@c7f6sas.navy.mil>

LOST AND FOUND

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eyeglasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items.

If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

MISCELLANEOUS

(Exp. June 26) Female Puppy, 2 - 3 months old. Found in peak traffic, smart, gentle and healthy. Call 31 2863 or email <maori@post.cc.sasebo.ac>

(Exp. June 26) Four year old Cat needs a good home. Call 252-3150/8355 or 090 9590 1506.

(Exp. June 26) Two male Cats, family oriented, friendly. Call Elisa at 252-8328 or 090 5080 7610.

(Exp. June 26) Compaq Presario 2580us pentium IV, three months old, Windows XP, CD-RW, DVD player, asking \$900. Call Keith at 090 8394 5150.

(Exp. June 26) Entertainment Center, cherry finish, must see \$200. Call 252-8626 or 090 7537 8926.

(Exp. June 26) Little Tikes kids table \$20, Call 252-8299.

(Exp. July 10) Baby back carrier, very comfortable on your back, Graco stroller and Infant car seat w/click and go base (one set). Call 090 5923 8696.

(Exp. July 10) Phone rights for sale \$250. Call Ethel at 25 2951 or 252-2667.

(Exp. July 10) Wanted: Scholastic Discovery and Cartoon Network Scholastic books, willing to pay reasonable price. Also wanting, AFN Satellite dish. Call 0928 71 8512.

(Exp. July 10) Wanted: Shelves of any kind, or bookcase units. Call 090 5923 8696.

(Exp. July 10) Push reel mower, never taken out of the box. Good Exercise! \$80, Nike slingshot irons, excellent condition; used twice, graphic shafts. \$750 new, yours for \$500. Call 252-3029 or 090 7456 6949.

HOME BUSINESS

IMPORTANT INFORMATION!

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call Shirley at 252-7158 to inquire about puppies or dogs and Itura at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Brandi or Sandra.

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

Need a translator? Need someone who can talk to a Japanese person? Anything you can think of, I can translate! If you ever need to negotiate: bills, phone rights, cable TV hook-ups, Cho/Landlord issues, car buying, insurance, car registration. I speak fluent English and Japanese and can provide confidential services like: birth certificates, divorce paperwork, marriage paperwork, City Office visits, hospital/doctor visits. Call Victoria at 090-7445-1853.

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080-5201- 7164 or ext.7302. Thank You.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching to children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090-4221-9211.

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base. Please call 252-7186 or 080-5050-6010.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080-5211-0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via e-mail ninasilverman@hotmail.com or call 080-5211-0174 to set up a lesson.

Therapeutic Massage. Relax, regain a sense of ease in your body, release stress and injury related pain. Specializing in a range of techniques tailored to your needs from deep tissue to gentle, rebalancing cranio-sacral therapy, plus pre & postnatal massage. Certified with over 18 years of experience. Convenient main base home office. Call Beth 252-7300.

Exerience in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

French Language tutor. Pierre 090 3734 3509 or <cramoisii@hotmail.com>

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

Need a Massage? 1 hour \$45, 1 1/2 hours \$60. 2 hours, \$80. Swedish, Deep Tissue, Foot and Facial Massage. Can pick up from Main Base. Call Sandra, Certified Massage Therapist, 090-5024-7139 or 34-5321

Pacific Pixels Photography Specializing in family, silhouette adn kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxed time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail <shirley@pacificpixels.com>

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who

may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563.

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34-7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to par-

Just to note...

- 1) Classifieds run for three consecutive weeks. **Home Business Classifieds** run until further notice from either CFAS or advertiser.
- 2) Submission deadline for next *Sasebo Soundings Classifieds* is **Tuesday, 5 p.m. at soundings@cfas.navy.mil**
- 3) Advertisers are responsible for ensuring their ads are updated as necessary.
- 4) Home business ads are approved by CFAS through the SJA office and CSO. Ads will not be run without a copy of CSO's signed *Request to Engage in Private Employment*.
- 5) **ONLY SOFA-SPONSORED PERSONNEL MAY ADVERTISE IN SASEBO SOUNDINGS CLASSIFIEDS!**

Sasebo Soundings Editor

ties. We cover it all, we're MD Photography. Give us a call. 0956-39-2815. Check us out on the web at <www.mdphotography.net>

ADSL/Broadband setup and computer support; As the former USOnet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment.

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

Piano Insructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

HELP WANTED

These ads are the most up-to-date announcements made to Sasebo Soundings as of Wednesday, 12 p.m.

SASEBO ELEMENTARY & E.J. KING HIGH SCHOOL

Open-continuous Vacancy Announcements: Applications for the following open-continuous vacant positions are accepted. If you are interested in any of the positions below, please submit your application now. Our Personnel Office in Okinawa maintains the applicant files. Qualifications: Applicants must be U.S. citizen and dependents of active military or DOD civilian personnel. Please call 252-3600 (for Sasebo ES) or 252-3059 (for King HS) or drop by the schools' offices for more information. Positions: Substitute Teachers, TP-1702-AA, \$87.50/day Educational Aid (General), GS-1702-04 Educational Aid (Special Education), GS-1702-04 Educational Aid (Sure Start), GS-1702-04 Office Automation Clerk/Assistant, GS-0326-04/05 Secretary, GS-0318-05/06 School Support Clerk/Assistant, GS-0303-4/5/6/7

J.N. DARBY ELEMENTARY SCHOOL

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. To be fully qualified, applicants must have a high school diploma. 15 college credit hours preferable. J.N. Darby has IMMEDIATE openings for Education Aides. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA-sponsored.

Educational Aid (Special Education) GS-1702-4; Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-help skills. Minimum Qualification requirements: ABILITY TO PROVIDE SPECIALIZED SERVICES TO INDIVIDUALS WITH DISABILITIES. Candidates should describe experience; education and /or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which provided knowledge of the specialized requirement of disabled individuals.

COMMUNITY BANK

Community Bank is looking for an energetic team player for a 20 hour teller position. If you are a hard worker and interested in the financial services industry, please contact Jamie or Kimberly @ 252-3963, for more information. Prior cash handling and customer service preferred.

CENTRAL TEXAS COLLEGE

Central Texas College is currently looking for evenings instructors in the following areas: Business Management, Human Resource, English, Speech, Computer Science, Developmental Math and Physical Education. We are also looking for distant learning instructors in the following areas: Accounting, English and Government. For more information, please contact the local field advisor at 252-3730 or email <sasebo-fa@ctc-japan.com>

J-PHONE

J-Phone, Sasebo Military Division is looking for part time applicants. If interested, please send your resume to: <jphone_sase@poem.ocn.ne.jp> or contact J-Phone at 252-3563.

HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956.

STARS AND STRIPES

Stars and Stripes has a continuing need for newscarrriers in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO.

AMERICABLE

Americable is accepting applications for a Customer Service Representative, part time approximately 25 - 30 hours a week. Must speak English and Japanese, be able to use Excel, MSWord and other common office programs. Previous customer service skills preferable. Apply in person at Building 96 Main Base across from Navy Legal. No phone calls, please.

NAVY COLLEGE LEARNING CENTER

Part time postion available 20 hours a week, BA required. Call 252-3514.

MWR

REGULAR FULL-TIME POSITION:
Sailing Center
Maintenance Worker, \$10.29/hr. Open until filled.
Theater
Theater Manager, NF-03, \$21,000 to \$55,000 per annum. Open until filled.
Travel & Tours
Recreation Assistant, NF-03, \$8.39/hr. Open until filled.
FLEXIBLE POSITIONS:
Youth/Teen Center (HV/MB), SSN Required
Recreation Aide, \$8.42/hr. (Teen/Pre-Teen Programs and School Age Care Programs)
Recreation Aide, \$6.50/hr. (Summer hire: Open for high school students only)
Child Development Center (MB), SSN Required
Education Aid, GSE-02, \$8.42/hr; GSE-03, \$9.18/hr; GSE-04 \$10.31/hr
Animal Holding Facility
Animal Care Technician, NF-02, \$8.42/hr
Bowling Center
Cashier/ Checker, \$6/hr
Cook, NA-04, \$9.58/hr
Sailing & Outdoor Recreation Center
Recreation Assistant (Sailing), NF-02, \$8.39/hr
Recreation Assistant (Paintball), NF-02, \$8.30/hr
Theater (Showboat/Hario)
Snack bar Clerk, NF-01, \$6/hr
Facilities
Tools & Parts Attendant, NA-05, \$8.66/hr
Fleet Fitness Center
Recreation Aide (Gear Issue), NF-01, \$6.00/hr
Recreation Assistant (Phys. Fitness), NF-02, \$8.39/hr

Swimming Pool (HV/MB)

Lifeguard, NF-01, \$6.50/hr (Must have certification for Lifeguard & CPR)

Lifeguard with Water Safety Instructor (WSI) Certification, NF-01, \$7.00/hr

Galaxies

Bar tender, NA-05, \$8.66/hr

Cashier, NF-01, \$6/hr

Club Operations Assistant (Duty Manager), NF-02, \$8.39/hr

Cook, NA-04, \$9.09/hr

Video & Sound Equipment Technician, NA-07, \$10.29/hr

Harbor View Club

Club Operation Assistant (Duty Manager), NF-02, \$8.39/hr

Service Counter Assistant (Food), NF-01, \$7.50/hr.

NEX

Automotive Mechanic, 60% commision (Labor Only), Auto Port, open until filled.

Customer Service Clerk, NF-2091-01, \$6.20/hr

Navy Lodge Office Clerk, NF-6145-01, \$8.00/hr

Navy Lodge Deks Clerk, NF-1176-01, \$8.00/hr

Open Conituios Felxible Vacancies (OC'03) Main Base & Hario

Barber, NA-7603-07, \$9.78/hr

Beautician, NA-7641-07, \$9.78/hr

Sales Clerk, NF-2091-01, \$6.00/hr

Desk Clerk, NF-1176-01, \$6.00/hr

New Flexible Vacancies (Main Base)

Desk Clerk (Navy Lodge), NF-1176-01, \$8.50/hr

Sales Clerk, NF-2091-01, \$6.00/hr, Main Store, Open until filled.

Sales Clerk, NF-2091-01, \$6.00/hr, Fleet Store, Open until filled.

Sales Clerk, NF-2091-01, \$6.00/hr, Four Seasons Store, Open until filled.

Sales Clerk, NF-2091-01, \$6.00/hr, Uniform Center, Open until filled.

Sales Clerk, NF-2091-01, \$6.00/hr, Mini Mart, Open until filled.

HRO

Store Worker (WG-6914-04) DECA, Sasebo, Open Continuous Position

Store Worker (WG-6914-04) DECA, Hario, Open Continuous Position

Sales Store Checker (GS-2091-03), DeCA, Sasebo, Open Continuous Position

Sales Store Checker (GS-2091-03) DeCA, Hario, Open Continuous Position

Education Aid/Technician (GS-1702-02/03/04) MWR, Main Base Open: 1/20/04 Close: 12/17/04 Open Continuous Position

Education Aid/Technician (GS-1702-02/03/04) MWR, Hario Open: 1/20/04 Close: 12/17/04 Open Continuous Position

Recreation Aid (Lifeguard) (GS-189-02), MWR, Main Base. Close: Open until filled

Recreation Aid (Lifeguard) (GS-189-02), MWR, Hario Close: Open until filled

Education Aid/Technician (GS-1702-02/03/04), MWR, Main Base Open: 3/10/04 1st C/O: 3/24/04 Close: Open until filled. Temporary Position

Education Aid/Technician (GS-1702-02/03/04), MWR, Hario Open: 3/10/04 1st C/O: 3/24/04 Close: Open until filled. Temporary Position

Housing Manager (GS-1173-05), CNFJ Housing, Open until filled.

Production Controller

MWR Athletics
252-3588

SASEBO SPORTS

Sasebo Sports
Report
252-2290

Splashin’ around at MB pool



Swim coaches play with kids at the water slide during swimming lessons at the Main Base pool. (Official U.S. Navy photo by JO1 (SW) Ron Inman)

MWR offers golf etiquette tips while on the course

MWR Sports
From “Golf Digest”

Play smart: Follow these etiquette guidelines and no one gets hurt.

If you’ve played much golf, then you’re probably familiar with basic etiquette: you know common sense stuff like not walking in someone’s putting line. However, did you know that unless your wedding ring slips off and falls into a creek, there is no good reason to use or own a retriever? And we mean ever.

Besides, everyone knows the most annoying players are the ones in the group in front of you. If you don’t want to become that stereotype at your course, follow our unofficial guide to golf etiquette.

Rule 1: Golf Lessons. Unless your driver’s license reads “David Leadbetter,” never give an impromptu golf lesson during a round. First of all, you’re not that good. Second, you’re not that good.

Rule 2: Stay Back. When a group is on the tee don’t pull up to that tee box in your cart and wait for everyone to hit. Clear the green you were just on, but hang back a little. This isn’t space mountain you’re not going to lose you’re place in line.

Rule 3: Be ready to hit. Hey, you, lollygagging in the middle of the fairway! Unless the order of play is crucial to the outcome of the hole, play “ready” golf. Take two clubs, go to your ball and swing away.

Rule 4: Tend the flag. Some players get through an entire round without doing this. For shame.

Rule 5: Keep an extra ball in your pocket. Hate to break it to you, but at some point, you’re going to lose that ball you’re playing, and we don’t want to wait while you go back to your bag to get another one.

Rule 6: Extra swings/putts. “Wait let me hit another.” Uh, how about no.

Rule 7: No plumb bobbing. Can someone please tell us the purpose of plumb-bobbing? You’re getting ready to put, not surveying and I-beam. And while you’re at it read the green before it’s your turn to putt.

Rule 8: Speaking of putting putt out. If our putt stops within three feet of the cup, finish up. This is not the B.C. Open. There’s no need to mark and re-read every putt.

Rule 9: Be sensitive. If a player in your group has a bad hole, wait until his next good shot to ask for his score.

Rule 10: One practice swing only. How many times have you seen a hacker take four practice swings and then stripe the ball down the middle? Anyone? Anyone?

Rule 11: Stop searching. The U.S. Golf Association says you have five minutes to find a lost ball. We say you’ve got two, and if the ball is deep in the woods, move on.

Rule 12: Get the punchline. If your joke about the rabbi, priest and St. Peter holds up play, even for a second, save it for the clubhouse after the round.

Rule 13: Let the single through. We know, someone told you that a person playing alone should not be allowed to play though. That’s ridiculous. We’ve all been that guy. Let him through.

Rule 14: Leave our clubs alone. Unless you see a tarantula climb into our 3-wood, keep your paws off our bag.

Rule 15: You’re not Mario Andretti. Ever try to take a sip of something and the cart driver lurches forward? Those use to be nice pants. It’s a cart, not an Aston Martin.

Rule 16: Stop talking. Some golfers feel the need to comment on every shot – theirs and ours. We don’t care why you just shanked your shot over that house on the right. And we appreciate your concern, but its not necessary to point out where the “trouble is” just as we are getting ready to hit. Do us a favor. Unless we hole out from the fairway, zip it.

Rule 17: Pay up. You lost. We don’t care why. We just want our 10 bucks.

Fitness tip: Hit the pool for fitness

Alec Culpepper
MWR Fitness & Aquatics Director

Now that the pool is open for the summer months there is plenty of time to get out and enjoy the water. The weather has warmed but the water is cool and it is a great place to get in a quick workout. It can be as easy or as hard as you choose; the water will create the resistance. You can even design a workout program around your time at the pool. Swimming is a great way to cross-train and provides low impact to the joints. It is also great for those recovering from an injury. The main thing to remember is if you have finally made that decision to make a lifestyle change and get into shape the pool is a great place to start. Slow and steady wins the race because life is not a sprint it is a marathon and you should train accordingly. So please come out and experience the joy of being fit and energized.

Sasebo Sports Standings

Spring Softball (as of June 7):

Rank	Team	Win	Loss	.PCT	Forfeits
1	Fire Dreams	11	3	0.786	0
2	Pumpers	11	3	0.786	0
3	Hitmen	9	3	0.750	0
4	Dragons	6	2	0.750	0
5	Patriot	12	6	0.667	0
6	Bone Crushers	8	4	0.667	0
7	Essex	1	1	0.500	0
8	Snipes	1	1	0.500	0
9	Shooters	1	1	0.500	0
10	Kamikaze Squirrels	1	1	0.500	0
11	Fort McHenry	3	4	0.429	0
12	Fire A-B	5	10	0.333	0
13	A-Stars	1	9	0.100	0
14	NMCB-5	0	10	0.000	2
15	Guardian	0	9	0.000	0
16	Iron Gators	0	2	0.000	0
17	The Squad	0	1	0.000	0

Spring Basketball (as of June 15):

Rank	Team	Win	Loss	.PCT	Forfeits
1	Young Gunz	11	4	0.733	0
2	Patriots	9	10	0.474	0
3	Hitmen	9	7	0.563	0
4	Juneau	5	0	1.000	0
5	Harpers Ferry	4	0	1.000	0
6	Raiders	4	2	0.667	0
7	Wolf Pack	2	3	0.400	0
8	Guardian	1	19	0.050	0
9	Showtime	1	1	0.500	0
10	Terror Squad	0	0	#DIV/0	0

Sports results, upcoming events:

Sports results:

Flag Day 3k run results:

1st Place Male - Tom Howard

2nd Place Male - Paul Thomas

3rd Place Male - Ron Inman

1st Place Female - Teresa Weissman

2nd Place Female - Ogunade-Mitchell

3rd Place Female - Kathleen Ayotte

Upcoming sports and events:

Splash-n-Dash Biathlon:

Sunday, June 20, 8:30 a.m. at the Main Base Pool. Entries due to the Fleet Gym

Office by June 16. Event will begin in the pool with a 500 meter swim followed by a 5K jaunt across base. Awards will be given to the top finishers in each division (Youth, Adult, Fleet, Masters, Senior).
Sasebo Supply Corps Association Golf Tournament:

June 25 at Mikiwachi Sasebo Kokusai Country Club. Sign up by June 14. For more information, contact Lt. j.g. Bok Beato at 252-3412 or e-mail
florence_d_beato@yoko.fisc.navy.mil